

CHEST STRETCH OVER FOAM ROLL



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- Purpose:** Releases chest tightness, reduces thoracic kyphosis.
- Benefit:** Improves thoracic rotation potential, improves address posture position.
- Instruction:** Lay over foam roll across shoulder blades, knees bent and arms up and out. You should feel a stretch across your chest and/or front of shoulders.
- Quantity:** Hold _____ _____ reps.

Release

